第４講　長文総合問題①

ポイント

①抽象の発見
②具体の発見
③テーマの発見

次の英文を読み，問いに答えなさい。

All of us will experience unpleasant and traumatic* events during our lives: perhaps the break-up of a long-term relationship, the death of a loved one, getting fired, or, on a really bad day, all three. Both common sense and many types of psychotherapy** suggest that the best way is to share your pain with others. Those who adopt this approach — (A)<u>'a problem shared is a problem lessened'</u>— believe that expressing your feelings helps you release negative emotions and move forward. It is a nice idea and one that holds tremendous intuitive appeal. Indeed, surveys show that 90 per cent of the public believe that talking to someone else about a traumatic experience will help ease their pain. But is that really the case?

To investigate, researchers in Belgium carried out an important study. A group of participants were asked to select a [ア] experience from their past. To make the study as realistic as possible, participants were asked to avoid the [イ] stuff, like missing a train or not being able to find a parking space, and think instead about 'the most negative upsetting emotional event in their life, one they still thought about and still needed to talk about'. From death to divorce and from illness to abuse, the issues were serious.

NOTE

One group of participants were then asked to have a long chat with a supportive experimenter about the event, while a second group were invited to chat about a far more [ウ] topic — a typical day in their life. After one week, and then again after two months, everyone went back to the lab and completed various questionnaires*** that measured their emotional well-being.

Participants who [X] their traumatic event thought that the chat had been helpful. However, the various questionnaires told (B)<u>a very different story</u>. In reality, the chat had had no significant impact at all. Participants thought that it was good to share their negative emotional experiences, but in terms of the difference it made on how well they were coping, they might just <u>[1] [2] [3] [4] [5]</u> about a typical day.

So, if talking about negative experiences to a sympathetic but untrained individual is a waste of time, what can be done to help ease the pain of the past? Trying to suppress negative thoughts can be just as bad. Instead, one option involves 'expressive writing'.

In several studies, participants who have experienced a traumatic event have been encouraged to spend just a few minutes each day writing in a diary about their deepest thoughts and feelings about it, including how it had affected both their personal and professional lives. Although these types of exercises were both speedy and simple, the results revealed that participants experienced a remarkable boost in their psychological and physical [エ] including a reduction in health problems and an increase in self-esteem and

happiness.

NOTE

The results left psychologists with something of a mystery. Why would talking about a traumatic experience have almost no effect, but writing about it yield such significant benefits?

From a psychological perspective, talking and writing are very different. Talking can often be somewhat unstructured, disorganized, even chaotic. In contrast, writing encourages the creation of a story line and structure that help people make sense of what has happened and work towards [オ]. In short, talking can add to a sense of confusion while writing provides a more systematic and solution-based approach.

*traumatic　心に傷を残すような

**psychotherapy　精神療法

***questionnaire　アンケート

[Extract from: '59 Seconds: Think a Little, Change a Lot' Richard Wiseman, Macmillan Publishers Limited. Copyright © Richard Wiseman 2010. Used by Permission.]

（11　法政大）

NOTE

1. 次の a ～ d のうち，下線部 (A)'a problem shared is a problem lessened' の意味に最も近いものを一つ選びなさい。

a. Solving a difficult problem with someone else will reduce the amount of time it takes.

b. If you tell your problems to someone, it will make you feel better than before.

c. Making a lot of new friends will make you feel happy.

d. Sharing your problems with someone may double your burden.

2. 空所 [ア] ～ [オ] に入る最も適切なものを次の a ～ d からそれぞれ一つずつ選びなさい。

ア	a. different	b. negative	c. boring	d. realistic
イ	a . trivial	b. unrealistic	c. unhappy	d. happy
ウ	a. ordinary	b. fantastic	c. special	d. shocking
エ	a. complexity	b. damage	c. well-being	d. exercise
オ	a. a solution	b. publication	c. a story	d. chaos

3. 空所 [X] に入る最も適切なものを次の a ～ d から一つ選びなさい。

a. have spent time talking about

b. have been spent time talking about

c. have had spent time talking about

d. had spent time talking about

4. 下線部 (B)a very different story の意味に最も近いものを，次の a ～ d から一つ選びなさい。

a. By sharing their shocking experiences with others the participants were able to feel more assured.

b. Telling their sad experiences to others made the listeners feel depressed.

c. Sharing their experiences did not significantly lessen the participants' negative feelings.

d. Talking about daily topics to others was an effective remedy for anxiety.

5. 下線部 [1][2][3][4][5] が正しい英文になるように，空欄 [1] ～ [5] に入る語を次の選択肢 a ～ e から選びなさい。

a. well　　b. chatting　　c. have　　d. been　　e. as

6. 次の a ～ d の英文の内，本文の内容と合致するものを一つ選びなさい。

a. According to recent research, sharing an upsetting with someone else helps you forget about it.

b. The results of the experiment revealed that what participants talked about had a big impact on their ultimate happiness.

c. When you have had a bad day, not telling anybody about it is the best way to reduce your negative feelings.

d. Writing about a terrible experience you had is better for your mental and physical health than talking about it.

関東難関私大（MARCH）英語対策講座　復習テスト　第四回

見出し語や英文に相当する表現を次の①～④から選びなさい。

1. common sense
① 行動　② 後悔　③ 感動　④ 常識

2. tremendous
① 騒々しい　② かなりの　③ ものすごい　④ 困惑する

3. intuitive
① 調査する　② 相互の　③ 内部の　④ 直観の

4. divorce
① 後退　② 出発　③ 離婚　④ 結婚

5. abuse
① 後退　② 前進　③ 虐待　④ 接待

6. sympathetic
① 同情する　② 反対する　③ 感動する　④ 感謝する

7. yield
① 反対する　② 行動する　③ 産み出す　④ 戦う

8. perspective
① 交換　② 観点　③ 観光　④ 観察

9. well-being
① 幸福　② 不幸　③ 感動　④ 好調

10. If talking about negative experiences to a sympathetic but untrained individual is a waste of time, what can be done to help ease the pain of the past?

① もしマイナスの経験について話すことが同情を呼ぶが，訓練されていない人にとって時間の無駄なら，過去に痛みを和らげるのに何ができようか。

② もしマイナスの経験を訓練されていない人を除いた共感できる人に話すなら，過去の痛みを和らげるのに何が出来ようか。

③ もしマイナスの経験を訓練されていない人を除いた共感できる人に話すことが時間の無駄なら，過去の痛みを和らげるのに何が出来ようか。

④ もしマイナスの経験を共感できるが訓練されていない人に話すことが時間の無駄なら，過去の痛みを和らげるのに何が出来ようか。

NOTE

関東難関私大（MARCH）英語　第４講　解答

＜解答＞

1 ー b

2.　アー b　　イー a　　ウー a　　エー c　　オー a

3.　d

4.　c

5.　［１］e　［２］a　［３］c　［４］d　［５］b

6.　d

＜全訳＞

我々はみな，人生において，不快でトラウマになるような出来事を経験するものだ。ひょっとしたら，長期間にわたる関係が破綻したり，最愛の人が亡くなったり，解雇されたり，あるいは本当にひどい日には，その 3 つ全てが重なるかもしれない。常識やさまざまな精神療法の両者が，最善の方法は痛みを他人と共有することだと示している。この方法，すなわち「共有されると，軽くなる」という方法をとる人々は，感情を表現することで，否定的な感情を解き放ち，前に進む手助けとなると信じている。これは素晴しい考えであり，すごく直観的な魅力を備えた考えである。実際，調査によると，一般大衆の 90% は，トラウマのような経験について他の人に話すことで，痛みが和らぐのに役立つと考えていると分かっている。しかし，これは本当に事実なのか。

調査するために, ベルギーの研究者たちがある重要な研究を行った。参加者のグループは，自分たちの過去から不快な経験を選ぶように求められた。研究を出来る限り現実的なものにするために，参加者達は，電車を乗りそこねたり，駐車場を見つけられなかったりといった些細なことを避けて，その代わりに「人生において最もマイナスの感情的に動揺した出来事，すなわち，いまだに思い出し，話す必要性のある出来事」について考えるように求められた。死から離婚，そして病気から虐待に至るまで，その問題は深刻なものであった。参加者の一つの集団は，協力的に話を聞いてくれる実験者とその出来事について長い間おしゃべりをするように求められ，それに対してもう一方のグループは，人生におけるよくある 1 日というはるかに日常的な話題についておしゃべりをするように求められた。1 週間後，それから再びその 2 カ月後，全員が研究室に戻り，自分たちの感情的な幸福度を測るさまざまなアンケートに答えた。

トラウマになるような出来事について話すことに時間を費やした参加者たちは，その雑談は役立ったと考えていた。しかしながら，さまざまなアンケートから，全然違

うことが分かった。実際には，おしゃべりは重要な影響を全く及ぼしていなかった。参加者たちは，マイナスの感情的経験を共有することはよいことだと考えていたが，どれほどうまく対処するかということに関して，それが与えた違いの観点からすると，彼らはよくある１日についておしゃべりをしていた方がましであった。

では，マイナスの経験に関して，同情してくれるが訓練されていない人に話すことが時間の無駄なら，過去の痛みを和らげるのを助けるために，何ができるか。マイナスの思考を抑圧しようとしても丁度同じようなものにしかならないだろう。そうする代わりに，選択肢の１つとして「表出筆記」がある。

いくつかの研究では，トラウマとなるような出来事を経験した参加者たちは，毎日ほんの数分を，その出来事に関する最も深い思考や感情について日記に書くことに費やすように促された。そしてその中には，それがどの様に彼らの私生活・仕事人生に影響を与えたかが書かれていた。この種の課題はすぐやれるし単純でもあるが，その結果は，参加者たちは，心理的，身体的健康の著しい増加を経験し，そしてそれは健康問題の減少や自尊心と幸福感の増加を含んでいることが明らかになった。その結果は心理学者たちにちょっとした謎を残した。トラウマになるような経験について話すことがほとんど何の効果もないのに，それについて書くことで，そんなに大きな恩恵を生み出すのはなぜなのだろうか。

心理学的見地からすると，話すことと書くことは全然違うものだ。話すことは，たいていは体系化されていなく，まとまりもなく，混沌状態ですらある。対照的に，書くことは話の筋と構成を考えることを促し，そのおかげで，人々が起こったことを理解して，解決を目指して努力することができる。要するに，話すことで混乱している感覚が増える可能性があるのに対して，書くことはより体系的で，解決を基にした方法を提供してくれる。

第４講　重要語彙リスト

1	traumatic	トラウマとなる
2	fire	解雇する
3	common sense	常識
4	approach	方法
5	lessen	軽減する
6	release	解放する
7	negative	否定的な
8	tremendous	ものすごい
9	intuitive	直観の
10	be the case	事実だ
11	investigate	調査する
12	participant	参加者
13	stuff	もの
14	upsetting	動揺する
15	divorce	離婚
16	abuse	虐待
17	supportive	支持してくれる
18	experimenter	実験者
19	be invited to do	～する様に頼まれる
20	lab	実験室
21	well-being	幸福
22	in terms of	～の観点で
23	sympathetic	同情してくれる
24	suppress	抑圧する
25	option	選択肢
26	exercise	運動・課題
27	remarkable	注目すべき
28	boost	高まり
29	self-esteem	自尊心
30	yield	産み出す
31	perspective	観点
32	chaotic	混沌とした
33	make sense of	理解する
34	in short	すなわち
35	add to	増やす
36	confusion	困惑
37	systematic	体系的な

第４講　音読用白文　① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

All of us will experience unpleasant and traumatic events during our lives: perhaps the break-up of a long-term relationship, the death of a loved one,getting fired, or, on a really bad day, all three. Both common sense and many types of psychotherapy suggest that the best way is to share your pain with others. Those who adopt this approach — 'a problem shared is a problem lessened'— believe that expressing your feelings helps you release negative emotions and move forward. It is a nice idea and one that holds tremendous intuitive appeal. Indeed, surveys show that 90 per cent of the public believe that talking to someone else about a traumatic experience will help ease their pain. But is that really the case?

To investigate, researchers in Belgium carried out an important study. A group of participants were asked to select a negative experience from their past. To make the study as realistic as possible, participants were asked to avoid the trivial stuff, like missing a train or not being able to find a parking space, and think instead about 'the most negative upsetting emotional event in their life, one they still thought about and still needed to talk about'. From death to divorce and from illness to abuse, the issues were serious. One group of participants were then asked to have a long chat with a supportive experimenter about the event, while a second group were invited to chat about a far more ordinary topic — a typical day in their life. After one week, and then again after two months, everyone went back to the lab and completed various questionnaires that measured their emotional well-being.

Participants who had spent time talking about their traumatic event thought that the chat had been helpful. However, the various questionnaires told a very different story. In reality, the chat had had no significant impact at all. Participants thought that it was good to share their negative emotional experiences, but in terms of the difference it made on how well they were coping, they might just as well have been chatting about a typical day.

So, if talking about negative experiences to a sympathetic but untrained

individual is a waste of time, what can be done to help ease the pain of the past? Trying to suppress negative thoughts can be just as bad. Instead, one option involves 'expressive writing'.

In several studies, participants who have experienced a traumatic event have been encouraged to spend just a few minutes each day writing in a diary about their deepest thoughts and feelings about it, including how it had affected both their personal and professional lives. Although these types of exercises were both speedy and simple, the results revealed that participants experienced a remarkable boost in their psychological and physical well-being including a reduction in health problems and an increase in self-esteem and happiness. The results left psychologists with something of a mystery. Why would talking about a traumatic experience have almost no effect, but writing about it yield such significant benefits?

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復習テスト　解答

< 第四回 >

1. ④	2. ③	3. ④	4. ③	5. ③
6. ①	7. ③	8. ②	9. ①	10. ④